

A Message from the UMFA President

Despite this being my second “president’s message,” I already see a theme in my posts. I’m going to talk about change again. Here we are, in the midst of autumn and with so many changes happening all around us. The leaves, the wind, the animals, the crops, people around us, and ourselves – they’re all changing. Even if we stand still, change is happening. But I’m sure many of us feel we have so many activities going on – from midterms to music marathons – that the pace of change can sometimes seem rather slow. This relatively slow perception of change is also one with which we come into contact when we practice. It’s that honorable, slow, incremental build-up over time. It’s like warming up the wood of a piccolo before playing it. It’s like waiting for water to boil. It’s that patience that we’re forced to remember when we’re in a hurry and catch all the red traffic lights. All the changes – the fast ones; the slow ones; the resistant ones; the easy ones; the deep, painful ones; the sudden, happy ones; or any other combination – all of these changes form a tapestry of life from which we can formulate ideas and come to understand the world around us and within us.

My message this autumn to you is this: change. Become the person, the musician, the friend, family and community member you hope to be. Feel free to risk changing in that direction. I have a feeling that the whole world will be glad you did.

Dr. Catherine Ramirez - President of the Upper Midwest Flute Association

FLUTE FEST 2015

Mark your calendars and get your ideas flowing – Flute Fest will be **Saturday, April 25th at Hamline University** in St. Paul! The UMFA Board of volunteers is happy to announce that our special Guest Artist this year will be **Sarah Jackson, piccoloist with the Los Angeles Philharmonic!**

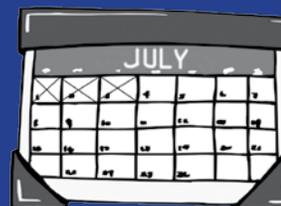


Sarah Jackson

We look forward to a flute-filled day of concerts and activities for all ages. Among the areas represented at this year’s Flute Fest will be a special focus on the “outliers” of the flute – the piccolo and low flutes! Additionally, we aim to bring you more activities in the areas of performance health and wellness – including yoga for flutists and Alexander Technique classes. We remain excited to again present the Laudie Porter, Young Artist and Masterclass Competitions, as well as

Flute Choirs and Midwest Flutists concerts. Keep checking our website www.umfafutes.org for updates and deadlines. If you have ideas – feel free to share them with us! We look forward to making this another great Flute Fest for you!

UMFA Calendar of Events: 2014



Sunday, November 9, 2014
PARLOR CONCERT
2:00PM
HOME OF JUDY RANHEIM
registration necessary
UMFA.PARLOR.CONCERTS@GMAIL.COM

Saturday, November 15, 2014
HOPEWELL MUSIC FLUTE CONCERT
3:00PM
NORTH UNITED METHODIST CHURCH
4350 Fremont Ave N
Minneapolis, MN

January 10, 2015
HONORS FLUTE CHOIR AUDITIONS
Site to be determined

Saturday, January 31, 2015
FLUTE MARATHON CONCERT
7:30PM
MALL OF AMERICA
Sears Court
Bloomington, MN

February 28, 2015
FLUTE CHOIR SHOWCASE
10:00AM-4:00PM
Site to be determined

Saturday, April 25, 2015
FLUTE FEST
7:30PM
HAMLINE UNIVERSITY
St. Paul, MN

**2014-2015
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JOIN THE UMFA BOARD

The UMFA Board of Directors has three open positions – Membership Chair, Volunteer Coordinator and Corporate Liaison. If you or someone you know would like to volunteer and get involved in your UMFA flute community please e-mail Catherine Ramirez at ramirez@stolaf.edu with the header “UMFA open position.” Thanks!

28th Annual Laudie Porter Competition, 2015

Live Preliminaries March 21

Finals at Flute Fest, April 25

Registration Deadline, February 14
(must be postmarked by midnight)

Look for forms and details on
the UMFA website
at the end of October

Newsletter Deadline

The deadline for submissions for the next newsletter is
Dec. 15, 2014.

If you have articles, announcements, cartoons, recital dates
or other information for the newsletter, please submit on or
before this date to

Nancy Maloney:

nancymaloneyflutes@gmail.com

The Small Ball Release -

By Jennifer Kennard

UMFA is diligent in trying to help its members improve their overall experience with the flute; part of that experience is determined by our bodies—what we fundamentally have to work with and how we use it. To that end, a class called “Small Ball Release” will be offered at Flute Fest 2015.

As flutists, we continuously ask the musculature of our body to do things that it is not necessarily designed to do. Certainly our necks are designed to look off to the left, but not necessarily for hours and hours a day. Holding our arms up to support the flute is not so hard, but how often do we spend a corresponding amount of time either stretching those muscles or strengthening the opposing muscles?

As a professional flutist, I try very hard to consciously practice in as relaxed and balanced manner as possible. However, I am only human; as a flutist for more than half of my life now, I have, over the years, developed some relatively minor muscle imbalances here and there throughout my body. (For example, I would never—ever—turn down a massage of my trapezius muscles.) As I get older, minor aches turn into major pains or seized muscles more easily and those strains take longer to recover from. Consequently, I’ve been trying new stretching classes to try and maintain harmony between what I want to do and what my body will allow me to do.

Recently I tried a class called “Small Ball Release” at Studio TimeOut in southwest Minneapolis. At the beginning of class, the participants set up with a mat (for comfort), a torso-length bolster, and a set of balls—about the size and squishy-ness of a tennis ball. The premise of the class is quite simple: using one’s own body weight on the balls and some

gentle movement of associated limbs, participants massage their fascia and muscles. (Fascia, rather simplistically, is a web of fibrous tissue that runs throughout the body, connecting muscles and such together and allowing us to move.) By relaxing or lengthening the fascia, the muscles that lie above them can then relax and unknot. The exercises can be performed on any part of the body, but the class that focuses on the back- specifically the spine- was a revelation to me as a flutist.

I am a relatively relaxed player (at least I always try to be) and I have always thought that my body is, minor issues aside, flexible and free of tightness and limited-range issues. However, after 20 minutes of Small Ball Release, I could move my neck and head with a freedom I haven’t had—or known I was missing—in years. Another twenty minutes and the range of motion in my shoulders practically doubled. By the end of the class, I felt as if I gained another inch of height since my shoulders were no longer hunching me over in their attempt to touch each other, and my limbs swung freely at my side in any direction gravity and propulsion took them. I felt like I was five again.

That, in and of itself, was rather exciting. But then I played my flute. With less tension in my body and more space in my torso for resonance (you’ll remember my shoulders had stopped trying to touch and so my rib cage was much more open and elevated), my sound was richer and fuller than before and it was achieved with much less effort. We all know exercise is good for us, but so is relaxing—relaxing our minds, our body, our musculoskeletal system— but it is also good for our playing. I hope you give the class a try at Flute Fest and see what it can do for you and your playing, too!

Membership News

If you haven’t already done so, please be sure to renew your membership for 2014-2015. We have a great year planned for you, so do it today! Go online and register at www.umfaflutes.org or use the form on the back page of this newsletter.

**THE UMFA MEMBERSHIP YEAR
RUNS FROM
SEPTEMBER 1 TO AUGUST 31**

UMFA MEMBERSHIP AVAILABLE ONLINE

We have made it easier to join UMFA and renew membership by doing so online at the UMFA website: www.umfaflutes.org.

Please pass this information along to potential new members. Looking forward to seeing you at Flute Fest on April 12th!



CALLING ALL FLUTE STUDENTS!

The MusicLink Foundation is a national non-profit organization with the mission of helping children in need get music lessons, music, instruments and other musical opportunities they might not otherwise be able to afford. Each year the MusicLink Foundation holds a Playathon at the Mall of America to raise funds for the MusicLink program and I would like to invite flute students (and their teachers) to come to perform. Performers get pledges for the 1 or 2 pieces that they play and prizes are awarded for different levels of support.

Students love performing at the Mall of America, the parents love that their children are using their talent to help children in need and teachers love to see their students performing in such a public venue. While it has been a very successful and exciting weekend of music-making with over 300 student and teacher performances, piano students dominate the stage. While we love our piano students, it would so great to see other instruments represented at this event, so I would like to invite your students to come and participate in our next event which is on the weekend of Feb. 7-8, 2015.

More information and registration forms can be found at the MusicLink Foundation website. Look under Events on the Home Page www.musiclinkfoundation.org You can also contact Sue Wege, Minnesota State MusicLink Coordinator 651-458-0143 swege71@comcast.net

Also, if you are teaching a student at a reduced rate (50% or less of your normal fee) because of financial need or you would like to reach out to a child in need in this way, please consider registering as a MusicLink teacher. We would love to be a source of support for you in your outreach.



UMFA History

Check out the History area under the "About Us" tab on the UMFA website. Click on programs which lists a sampling of the activities that this exceptional organization has presented. You will be impressed!



Photo Of the month

UMFA MARKETPLACE

These listings can be found on the UMFA website:

umfaflutes.org

under Resources tab.

- Lessons / Services
- Flutes / Piccolos for Sale
- Musicians for Hire
- Miscellaneous

Pay Pal

Did you know? UMFA can now accept payments for memberships, events, and contributions via PayPal. Payments may be made either by credit card or through another PayPal account.

Upper Midwest Flute Association

- is a flute organization for flutists of all ages, levels and skills. It is based in the Twin Cities and includes members from all regions in the Upper Midwest. Here are just a few of the resources UMFA offers its members:

- Events such as parlor concerts and an annual flute festival
- Opportunities for students to learn and perform
- Resources and networking for flute teachers
- Alto and bass flutes available for rental
- An online marketplace with listings of flute teachers, flutes for sale, and musicians for hire
- A regular newsletter
- A music lending library
- Publicity assistance for members' concerts and events through our "UMFA Updates" e-mails and our website

UMFA Updates

If you are a current UMFA member, and have an event to publicize, you can submit it to information@umfaflutes.org to be included in an "UMFA Update" Information must be sent by Sunday at 7 PM to be included in the next week's update. Please limit your posting to 200 words.

Check it out



The Upper Midwest Flute Association website:
umfaflutes.org

UMFA Lending Library

The UMFA lending library contains music for flute solo, chamber groups and flute choir. For more information, including a catalogue of available pieces, check our website. Members can gain access to the collection by appointment, and please contact us if you are interested in making a donation. For all inquiries, please send an e-mail to:
umfalibrary@gmail.com

UMFA Fall Newsletter 2014
Number 185
Upper Midwest Flute Assn, Inc.
6324 Decatur Ave N
Brooklyn Park, MN 55428
www.umfaflutes.org
Nancy Maloney - Editor
Michael Schleicher - Layout Editor

Did You Know

James Galway performed on the Academy Award-winning soundtracks of "Lord of the Rings" film trilogy, composed by Howard Shore.

2015 HONORS FLUTE CHOIR And FLUTE CHOIR SHOWCASE

UMFA is proud to host the 2015 Honors Flute Choirs for outstanding Junior High and Senior High School Students. This is a wonderful opportunity for flutists to get to know other flutists while playing fun and interesting literature written for the entire flute family. Participants who are interested may have the experience of playing on Alto and/or Bass Flutes. This year's Honors Flute Choir will be performing as part of UMFA's annual Flute Choir Showcase, an event which focuses on Flute Ensembles for players of all ages, from groups comprised of young Suzuki flutists to those whose membership includes adult flutists in their retirement years.

This year's Honors Flute Choir will be

an auditioned ensemble open to flutists in Grades 6 – 12. Auditions will be held on Saturday, January 10, with rehearsals on Saturday, Feb 7, and Saturday, Feb 14, from 2:00 – 4:00pm. They will be one of the featured performing groups at UMFA's Flute Choir Showcase on Saturday, February 28 (locations of auditions, rehearsals and performances to be determined shortly.)

All Honors Flute Choir members must be current members of UMFA (\$20 – student membership) and pay a Participation fee of \$10. (Scholarships are available. Please contact Trudi Anderson at VP@umfaflutes.org) The January 10th audition will consist of scales (2 octaves up to four flats and sharps, and a chromatic scale);

prepared excerpts (posted on the UMFA website); and sight-reading. To fill out an application for participation in the Honors Flute Choir, and to reserve an audition time on Jan 10, fill out the application printed in this publication. **Applications must be postmarked OR scanned and e-mailed by December 10, 2014.**

If you are a member of an existing flute ensemble and you would like your group to participate and/or perform at the 2015 Flute Choir Showcase on Saturday, February 28, please contact Trudi Anderson at VP@umfaflutes.org

Donate Your Used Flute

by Carny Berg

Do you know where your old flute is? If you have no plans to use your flute, perhaps you would consider donating it to UMFA to place in the hands of a student who might not otherwise have access to an instrument. UMFA is partnering with Hopewell Music Cooperative North, a music school in North Minneapolis, who serves underprivileged youth giving free and reduced lessons for scholarship students. Since UMFA is a 501(c)3 organization, donations are tax-deductible. Let a student breathe new life into your instrument!



IF YOU EVER NEED AN ALTO OR A BASS FLUTE ...

Remember that UMFA members can rent those instruments from UMFA!
The cost is \$5.00 per day or \$25.00 per week.
For more information, please visit:
www.umfaflutes.org/fluterental.



New Scholarship Program and Kick-Off Marathon Concert

The UMFA board is excited to announce the creation of a new scholarship program to support local flute students in their musical studies. We are calling all flutists to help us kick off the fundraising effort by participating in a Marathon Flute Concert at the Mall of America (Sears Court) on Saturday, January 31st from approximately 10:30 am to 5:00 pm. (Stay tuned for information on a soon-to-be-revealed exciting grand finale!)

We want YOU to play! Everyone, from beginner students to professional flutists, is encouraged to perform in the concert. (We'd love to have some ensembles that include non-flutists, too). Each participant must fundraise a minimum of \$25 to perform in the concert. All proceeds go towards the new scholarship program. Instrument donations (both flutes and non-flutes) are welcome as well.

We also need YOUR help! Please let us know if you are willing to assist with a specific task such as coordinating time slots, assisting with publicity, recruiting performers, or finding corporate sponsors. Please e-mail Andrea at information@umfaflutes.org if you are willing to help.

As a part of the scholarship program, UMFA is building a new partnership with the MusicLink Foundation, which supports music students by loaning instruments and helping with costs of items and opportunities such as music, supplies, and summer camps. (If you cannot play on our UMFA Marathon Flute Concert, or if you want to perform twice, please consider joining the MusicLink Playathon the next weekend!) UMFA is also exploring possible partnerships with other organizations to ensure that the instruments will be distributed to students who would otherwise have no access to musical instruments and training.

Stay tuned (pun intended) for more details!
Bethany Gonella and Andrea Myers

PARLOR CONCERTS

The Upper Midwest Flute Association, Inc. sponsors a series of informal member recitals throughout the year. Modeled after Nineteenth-century Schubertiads, where Franz Schubert and his friends performed for each other in their homes, the Parlor Concert Series provides a friendly and relaxed setting for performers and audiences alike. Concerts are held across the UMFA membership area in member's homes; Parlor Concerts are the perfect venue to try out a new piece or have a dry run before a recital or jury.

UMFA, Inc. provides the pianist for the event with brief rehearsal time available just before the Parlor Concert. (UMFA members are also most welcome to play works that don't require a piano.) And while UMFA doesn't guarantee treats after the performances, very often refreshments are provided, adding to the camaraderie and enjoyment of the events.

Contact Vanamali Medina at: UMFA.parlor.concerts@gmail.com or 612-812-2715) to find out more about the series, to volunteer to host a concert, or to perform on one yourself.

Parlor Concerts are advertised in this publication and on the UMFA website at www.umfaflutes.org

Fun Flute Facts

George Washington,
James Madison, and
Leonardo d Vinci
all played the flute.

CORPORATE SPONSORS

Altus Flutes / Jupiter Band Instruments, Inc.

e-mail:
lpritchett@altusflutes.com
web address:
www.altusflutes.com
phone: 615-773-9918
or 1-800-283-4676
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Mt. Juliet, TN 37122

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email:
mrac@mrac.org
web address:
www.mrac.org
phone: 651-645-0402
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Saint Paul, Minnesota 55114

Muramatsu America

e-mail:
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muramatsu-america.com
phone: 248-336-2323
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www.umfaflutes.org

2014-2015 Membership Registration-Individual

Membership Type:

New Renewal - Membership # _____

Last Name _____

First Name _____ Middle Name _____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

E-mail Address _____

Additional Information:

Willing to be a volunteer

I play in a flute choir

Prefer a print newsletter

Please make checks payable to:

Upper Midwest Flute Association Inc.

6324 Decatur Ave N

Brooklyn Park, MN 55428

Corporate memberships: Use the **Corporate Membership** form.

www.umfaflutes.org/membership/membership_corporate.pdf

Before Sept. 1 After Sept. 1

| | | | |
|------------------------|-----|------|------|
| Full-time student | | \$15 | \$20 |
| Elementary | ___ | | |
| Junior High | ___ | | |
| Senior High | ___ | | |
| College | ___ | | |
| Adult | | \$30 | \$35 |
| Non-Teacher | ___ | | |
| Teacher | ___ | | |
| College Teacher | ___ | | |
| Family | | \$40 | \$45 |
| Donation | | ___ | ___ |
| Total Submitted | | ___ | ___ |

Membership year is September 1 to August 31.

Secondary address: If the address provided at left is a school or summer address, please provide a secondary address below along with the start and end date the address should be used.